

Regional Women's Health Coordinators

The Office on Women's Health supports Women's Health Coordinators in each of the 10 regions of the U.S. Public Health Service. These coordinators convene public meetings; compile data, resources,

and statistics; and promote collaborations among states and regions to promote culturally appropriate women's health services, research, and education.

Region I—CT, MA, ME, NH, RI, VT

Laurie Robinson, M.T.S.

Women's Health Coordinator
John F. Kennedy Federal Building, Room 2126
Boston, MA 02203
Phone: 617-565-1071 Fax: 617-565-4265
E-mail: LRobinson2@osophs.dhhs.gov

Region II—NJ, NY, PR, Virgin Islands

Sandra Estepa, M.S.

Women's Health Coordinator
26 Federal Plaza, Room 3835
New York, NY 10278
Phone: 212-264-4628 Fax: 212-264-1324
E-mail: sestepa@osophs.dhhs.gov

Region III—DC, DE, MD, PA, VA, WV

Rosa F. Myers, A.R.N.P., M.S.N.

Women's Health Coordinator
150 S. Independence Mall West, Suite 436
Philadelphia, PA 19106-3499
Phone: 215-861-4637 Fax: 215-861-4623
E-mail: rmyers@osophs.dhhs.gov

Region IV—AL, FL, GA, KY, MS, NC, SC, TN

Annie Brayboy Fair, M.P.H., M.S.W.

Women's Health Coordinator
Sam Nunn Atlanta Federal Center
61 Forsyth Street, S.W., 5B95
Atlanta, GA 30303-8909
Phone: 404-562-7904 Fax: 404-562-7899
E-mail: afair@osophs.dhhs.gov

Region V—IL, IN, MI, MN, OH, WI

Michelle Hoersch, M.S.

Women's Health Coordinator
233 N. Michigan Avenue, Suite 1300
Chicago, IL 60601
Phone: 312-353-8122 Fax: 312-353-7800
E-mail: mhoersch@osophs.dhhs.gov

Region VI—AR, LA, NM, OK, TX

Charlotte Gish, C.N.M., M.S.N.

Women's Health Coordinator
1301 Young Street, Suite 1124
Dallas, TX 75202
Phone: 214-767-3523 Fax: 214-767-3209
E-mail: cgish@osophs.dhhs.gov

Region VII—IA, KS, MO, NE

Joyce Townser, R.N., B.S.N.

Women's Health Coordinator
601 East 12th Street, Room 210
Kansas City, MO 64106
Phone: 816-426-2926 Fax: 816-426-2178
E-mail: jtownser@osophs.dhhs.gov

Region VIII—CO, MT, ND, SD, UT, WY

Laurie Konsella, M.P.A.

Women's Health Coordinator
1961 Stout Street, Room 498
Denver, CO 80294-3538
Phone: 303-844-7854 Fax: 303-844-2019
E-mail: lkonsella@osophs.dhhs.gov

Regional Women's Health Coordinators, (con't)

Region IX—AZ, CA, HI, NV, American Samoa, Guam, Marshall Islands, Micronesia, Northern Mariana Islands, Palau

Kay A. Strawder, J.D., M.S.W.

Women's Health Coordinator
50 United Nations Plaza, Room 327
San Francisco, CA 94102
Phone: 415-437-8119 Fax: 415-437-8004
E-mail: kstrawder@osophs.dhhs.gov

Region X—AK, ID, OR, WA

Marian Mehegan, D.D.S., M.P.H.

Women's Health Coordinator
2201 Sixth Avenue, M/S RX-29
Seattle, WA 98121
Phone: 206-615-2024 Fax: 206-615-2481
E-mail: mmehegan@osophs.dhhs.gov

NOTES: _____

Health and Human Services

Coordinating Committee on Women's Health

The HHS Coordinating Committee on Women's Health is composed of senior-level women's health representatives from across the agencies and offices of the U.S. Department of Health and Human Services. The Committee advises the Assistant Secretary for Health on matters concerning the physical and mental health of women in our nation. It also serves as a forum for HHS agencies to share information on ongoing

and proposed initiatives in women's health and to identify opportunities for collaboration. Members exchange information on high-priority issues identified by women's health coordinators at the regional and state levels, including those likely to become critical policy issues. The Committee also participates in the development and dissemination of U.S. positions on women's health internationally.

Chair

Wanda K. Jones, Dr.P.H.

Deputy Assistant Secretary for Health (Women's Health)
Office on Women's Health

Rosalyn Correa-de-Araujo, M.D., M.Sc., Ph.D.

Senior Advisor on Women's Health
Agency for Healthcare Research and Quality

Members

Linda Allen

Communications Director
Office on Women's Health

Greta T. Davis, M.A.

Senior Budget Analyst
Office of the Assistant Secretary for Budget, Technology and Finance

Duiona Baker, M.P.H.

Associate Administrator for Women's Services
Substance Abuse and Mental Health Services Administration

Agnes Donahue, D.D.S., M.S.D., M.P.H.

Special Assistant to the Director
Office of Intergovernmental Affairs

Cristina Beato, M.D.

Principal Deputy Assistant Secretary for Health
Office of the Secretary (OS)

Erika Elvander

International Program Officer
Office of Global Health Affairs

Carter Blakey

Office of Disease Prevention and Health Promotion

Barbara Fine

Women's Health Coordinator/Nurse Consultant
Indian Health Service

Margaret J. Giannini, M.D., F.A.A.P.

Director
Office on Disability

Women's Health Coordinating Committee Members (con't)

Frances Ashe-Goins, R.N., M.P.H.

Acting Advisor for Regional Women's Health Issues
Office on Women's Health

Alma Golden, M.D., F.A.A.P.

Deputy Assistant Secretary for Population Affairs
Office of Population Affairs

Yvonne Green, R.N., C.N.M., M.S.N.

Director, Office of Women's Health
Centers for Disease Control and Prevention

Camille Haney

Special Assistant to the Secretary
Office of the Secretary (OS)

Betty Lee Hawks, M.A.

Special Assistant to the Director
Office of Minority Health

B. Kaye Hayes, M.P.A.

Senior Advisor for Policy
Office on Women's Health

Yvonne Jackson, Ph.D.

*Director, Office for American Indian, Alaska Native
and Native Hawaiian Programs*
U.S. Administration on Aging

Brendan Kelly, M.P.A.

Presidential Management Intern
HHS Administration for Children and Families

Capt. Mary I. Lambert, U.S.P.H.S.

Director
Office of Military Liaison and Veterans Affairs

Deborah Maiese, M.P.A.

Director, Women's Health
Health Resources and Services Administration

Marian Mehegan, D.D.S., M.P.H.

Women's Health Coordinator
Regional Women's Health Office

Barbara Paul, M.D.

*Director, Quality Measurement and Health
Assessment Group*
Centers for Medicare & Medicaid Services (CMS)

Vivian W. Pinn, M.D.

Associate Director for Research on Women's Health
Director, Office of Research on Women's Health
National Institutes of Health

Jessica Rose, M.Sc.

Office of HIV/AIDS Policy

Tracy L. Self

*Deputy Assistant Secretary for Public Affairs, Policy,
and Strategy*
Office of the Assistant Secretary for Public Affairs

Christine G. Spain, M.A.

Director for Research, Planning and Special Projects
President's Council on Physical Fitness and Sports

Wilma Tilson, M.P.H.

Health Policy Analyst
Office of the Assistant Secretary for Planning and
Evaluation

Susan F. Wood, Ph.D.

Director, Office of Women's Health
Food and Drug Administration

National Centers of Excellence

Centers of Excellence in Women's Health (CoE) *(As of September 2003)*

Boston University Medical Center CoE

Boston, MA
Phone: 617-638-7428 or 9563
www.bmc.org/womenshealth

University of California at Los Angeles CoE

Los Angeles, CA
Phone: 800-825-2631
<http://womenshealth.med.ucla.edu>

University of California San Francisco CoE

San Francisco, CA
Phone: 415-353-2668
www.ucsf.edu/coe

Harvard Medical School CoE

Boston, MA
Phone: 800-417-4423
www.hmcnet.harvard.edu/coe

University of Illinois at Chicago CoE

Chicago, IL
Phone: 800-UIC-1002
www.uic.edu/orgs/womenshealth

Indiana University School of Medicine CoE

Indianapolis, IN
Phone: 317-630-2243
www.iupui.edu/~womenhlt

Magee-Womens Hospital CoE

Pittsburgh, PA
Phone: 412-641-4747
www.magee.edu/coe/homepage/home.html

MCP Hahnemann University CoE

(doing business as Drexel University)
Philadelphia, PA
Phone: 215-842-7007
www.drexel.edu/med/iwhl

University of Michigan CoE

Ann Arbor, MI
Phone: 734-936-8886
www.med.umich.edu/whp

University of Puerto Rico CoE

San Juan, PR
Phone: 787-758-2525 ext. 2813 and 787-764-3707
<http://whcpr.rcm.upr.edu/>

Tulane/Xavier Universities of Louisiana CoE

New Orleans, LA
Phone: 877-588-5100
www.tuxcoe.tulane.edu

University of Washington CoE

Seattle, WA
Phone: 800-826-1121
www.uwwomenshealth.org

University of Wisconsin-Madison CoE

Madison, WI
Phone: 608-267-5566
www.womenshealth.wisc.edu

Community Centers of Excellence in Women's Health (CCOE) *(As of September 2003)*

Christiana Care Health Services

Wilmington, DE
Phone: 302-428-4414

Griffin Hospital

Derby, CT
Phone: 203-732-7285

Hennepin County Primary Care Department

Minneapolis, MN
Phone: 612-302-4600

Jefferson Health System

Birmingham, AL
Phone: 205-930-3254

**Kokua Kalihi Valley Comprehensive
Family Services**

Honolulu, HI
Phone: 808-848-0976

Mariposa Community Health Center

Nogales, AZ
Phone: 520-281-1550

Morton Plant Hospital

Clearwater, FL
Phone: 727-467-2456

Northeast Missouri Health Council, Inc.

Women's Care Connection

Kirksville, MO
Phone: 660-627-5757 or 660-626-2264
www.nmhcinc.org/wcc.html

NorthEast Ohio Neighborhood

Health Services, Inc.

Cleveland, OH
Phone: 216-231-7700

Northeastern Vermont Area

Health Education Center

St. Johnsbury, VT
Phone: 802-748-7300

St. Barnabas Healthcare System and Hospital

Bronx, NY
Phone: 718-960-0348
www.sbccoe.org

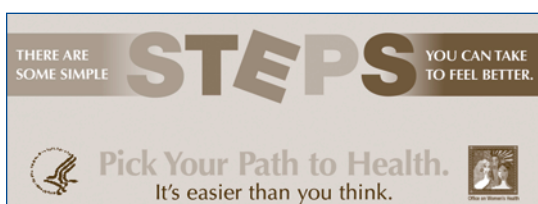
Women's Health Services

Santa Fe, NM
Phone: 505-988-8869
www.womenshealthsantafe.com

Programs for Women and Girls from the Office on Women's Health (OWH)

For more information on what these programs can do for you, visit www.4woman.gov.

Pick Your Path to Health



Pick Your Path to Health is a public education campaign that helps women take simple and manageable steps to improve their health and provides tools for their communities to promote practical, culturally relevant action steps to wellness.

Pick Your Path to Health recognizes the multiple demands women have on their time and energy and suggests specific, life-oriented action steps in an effort to ease the path to better health. The campaign delivers easy-to-incorporate health

messages through 12-month pocket planners, newspaper articles, posters, a community action kit, a campaign newsletter, postcards, and weekly e-mail message offering health tips based on the campaign's monthly themes.

Pick Your Path to Health encourages health awareness among all women and specifically focuses on health issues as they relate to African American women, Asian and Pacific Islander women, American Indian and Alaska Native women, Hispanic American/Latina women, women living in rural areas, adolescents, and women with disabilities. Each of the 12-month pocket planners and all of the campaign's health articles target a specific population and have action steps that address the group's unique health needs and concerns.

Powerful Bones. Powerful Girls.™



Did you know that most girls are not doing what it takes to build strong bones? Even though

healthy bones are important, girls don't know what to do to build their bones. Powerful Bones. Powerful Girls.™ helps girls build strong bones. Powerful Bones. Powerful Girls.™ gives girls information on what foods have calcium and what activities are good for their bones and their body. It also has tips on how to make calcium-filled treats and ideas for fun, bone-healthy activities they can do with their friends.



4Girls Health

www.4girls.gov

OWH developed the www.4girls.gov web site to give girls between the ages of 10 and 16 reliable, current health information. The site focuses on many health topics that respond to adolescent girls' health concerns and motivates girls to choose healthy behaviors by using positive, supportive, and non-threatening messages. Girls will find information on these topics:

- *Becoming a Woman* is a section about puberty.
- *Fit for Life* stresses that being fit means more than only how you look.

- *You Are What You Eat* helps girls make healthy food choices.
- *Mind Over Matters* talks about relieving stress in healthy ways, depression, self-injury, and teen suicide prevention.
- *Choosing Not To Use* gives a background on what different forms of substance abuse do to a girl's body, helpful ways to prevent using, and how to help others who are addicted to drugs, alcohol, or tobacco.
- *Putting It All Together* lets teen girls know that life can be beautiful when you can put everything you juggle in life all together with balance.

Breastfeeding Campaign

Breastfeeding

Best for baby. Best for mom.



OWH is carrying out a National Breastfeeding Awareness Campaign to promote breastfeeding among first-time parents who would not normally breastfeed their baby. The campaign aims to empower women to breastfeed and to tell women about the risks of not breastfeeding.

In addition to the breastfeeding campaign, OWH has launched a Breastfeeding Helpline through

the National Women's Health Information Center (NWHIC) [800-994-WOMAN (9662)]. Information Specialists can help you with common breastfeeding issues such as nursing positions, questions about pumping and storage, and provide the support you need to make breastfeeding a success.

NWHIC also launched the new web page: Breastfeeding - Best for Baby. Best for Mom. (www.4woman.gov/Breastfeeding/index.htm). This new section provides helpful breastfeeding information in English, Spanish, and Chinese.

For other OWH campaigns, visit our web site at
www.4woman.gov/owh.

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Addresses and Telephone Numbers

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2004

January 2004

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October 2005

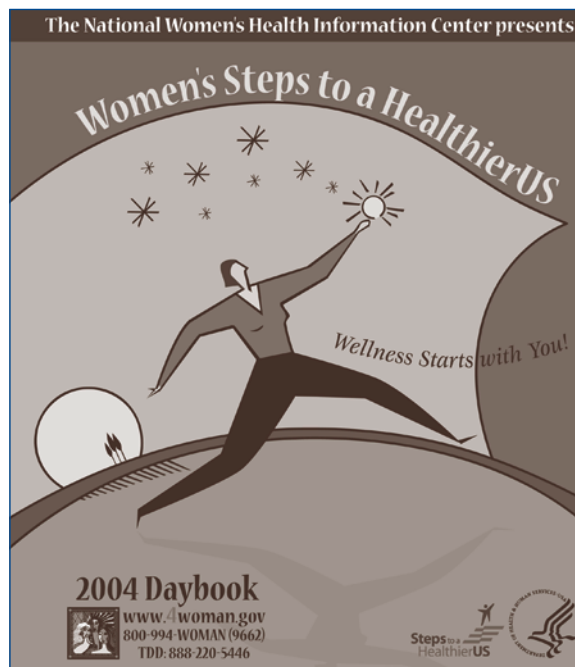
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Wellness Starts with You:
Women's Steps to a HealthierUS 2004 Daybook
is a product of the U.S. Department of Health and Human Services,
Office on Women's Health.

Daybook Committee:
Adrienne Barnes, Cheryl Batchelor, Joyce Cusack, Kirsten Legg,
Christina Pearson, Arlene Perlmutter, Peter Rhee, Valerie Scardino

We respect your opinion.

Please use the space below to give us comments and suggestions for future issues of this book or call us at 800-994-WOMAN (9662). Thank you.

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National Women's Health Information Center
8550 Arlington Boulevard, Suite 300
Fairfax, VA 22031

(fold here)

Name _____
Address _____
Phone _____
E-mail _____

Insurance Information

Primary Insurance _____
Contacts _____
Customer Service Phone Number _____
Identification # _____
Secondary Insurance _____
Contacts _____
Customer Service Phone Number _____
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Medicare Number _____
Medicaid Numbers _____
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Office on Women's Health
Women's Health Information Center

www.4woman.gov
800-994-WOMAN (9662)
TDD: 888-220-5446

We are in the midst of a revolution in women's health, a revolution that has brought new attitudes, awareness, and an appreciation that women have some fundamentally different health needs that need to be addressed in their own right.

-Secretary Tommy G. Thompson